

## Drug Abuse Prevention for the "Holidays"

*One of the best ways to combat illicit drug abuse by Sailors is to stay informed and keep them informed.*

Goal: This training package, which has been developed for integration into your command's current drug abuse prevention efforts, contains three distinct sections.

- ◆ Section I provides information pertinent to command leadership aimed at enhancing ongoing commitment to maintaining a drug-free workplace;
- ◆ Section II provides DAPAs material to present to senior enlisted personnel. This material educates senior enlisted on drug abuse prevention measures; emphasizes utilizing their wealth of experience, resources, and strengths to reinforce Navy's "zero tolerance" policy for drug abuse; and encourages them to be more actively involved in command drug abuse prevention efforts;
- ◆ Section III provides information and examples for use as part of command GMT, POD notes, workcenter notices, flyers, posters, etc. that enhance ongoing command drug abuse prevention efforts.

Objective: Engage senior enlisted personnel as active participants in reducing drug abuse by helping young Sailors prepare for the upcoming holiday season. The focus is two-fold:

- ◆ Provide information to senior enlisted personnel for use in training sessions. This information is aimed at helping Sailors better understand what to expect during the holiday season, how to prepare for situations, and provide them with the tools necessary to make good decisions, especially when it comes to drug abuse.
- ◆ Provide Sailors with information aimed at better understanding Navy expectations while they are on leave during the holiday season.

## Section I

### Command Drug Abuse Prevention Team

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#### OBJECTIVES OF THIS SECTION

- Identify Command Drug Abuse Prevention Team Members
- Discuss responsibilities of Command Prevention Team
- Present suggestions to strengthen command anti-drug abuse efforts

### Command Drug Abuse Prevention Team

#### Who is the Command Drug Abuse Prevention Team?

All command personnel are members of the Command Drug Abuse Prevention Team. The commanding officer, executive officer, command master chief, and drug and alcohol program advisor (DAPA) lead the team. Officers and senior enlisted personnel (E-6 and above) are integral parts of the team responsible for openly supporting command policy. Junior personnel (E-5 and below) are responsible for supporting and adhering to command policy.

### Helping Young Sailors "NEGOTIATE THE HOLIDAYS"

We've all seen and heard the comedies and horror stories about going home for the holidays. Unfortunately too many of them are based on real experiences. Because the holiday season (Christmas, Hanukkah, Festival of Lights, New Years, and others) is meaningful and unavoidable, it is important we provide our young Sailors with the tools necessary to make good decisions, especially when it comes to rejecting drug abuse.

Historically, there has been a slight increase in positive urinalysis samples during and immediately after the holiday season. A simple measure commands can employ to reduce drug abuse by Sailors, especially during this time just prior to the holiday season, is to strengthen prevention efforts with active involvement by senior enlisted personnel.

## Get "The Message" Out

Clearly, there is a need to get information to Sailors as often as possible. But how do you get the message out?

Daily POD and POW notes reminding Sailors that drug testing is an active program at your command. Remind Sailors about the consequences of drug abuse. Section III has some examples.

E-mail messages from command leadership (CO, XO, CMC).

Conduct frequent drug prevention training sessions at the workcenter and division level. Have senior enlisted (LPO/LCPO) present material as part of GMT. Ensure workcenter/division leadership (LCPO and DIVO) are present during these training sessions.

**Some ideas that can strengthen a command drug abuse prevention program during the holiday season include:**

- Build a positive anti-drug atmosphere where Sailors understand your command's support for "zero tolerance" for drugs;
- Talk early and talk often (i.e. at command indoctrination, daily quarters and, during workcenter meetings);
- Make sure senior enlisted discuss Navy's "zero tolerance" policy for drugs and the consequences of violating that policy in the presence of junior Sailors;
- Let your Sailors know that drugs will not be tolerated at any time at your command;
- Have DAPAs talk to CPO Mess and First Class Mess on how they can reinforce command substance abuse policy in their work spaces;
- Keep Sailors involved in command drug abuse prevention activities;
- Posters, flyers, and notices located in work spaces, lounges and berthing complexes associating Honor, Courage, and Commitment with drug-free lifestyle;
- Articles in base newspapers and other local Navy media;
- Command leadership (CPO/Officers) walk the walk and talk the talk concerning "zero tolerance" for drugs.

**Sailors who understand Navy's "zero tolerance" policy for drug abuse and recognize the changes that have taken place,**

both within them and at home, will be better able to handle any adverse situations they may encounter.

Sailors who may have thought casual or social drug use while on leave was acceptable, will understand Navy's expectations, the consequences of using drugs, and ultimately make the right decision not to use drugs before it's too late.

For more information or guidance on effective drug abuse prevention efforts contact Bill Flannery at DSN: 882-4400, (C) 901-874-4400, or (E-mail) P603@PERSNET.NAVY.MIL.

## Section II

### Drug and Alcohol Program Advisors (DAPA)

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#### OBJECTIVES OF THIS SECTION

- Prepare DAPAs with information to give senior enlisted personnel
- Understanding challenges young Sailors may face while on leave
- Senior enlisted personnel role and responsibilities as part of command drug abuse prevention team

#### DAPA's

This information provides DAPAs with material that can be used by senior enlisted personnel as part of the Command Drug Abuse Prevention Team effort to eliminate drug abuse by Sailors who are going home on leave, especially those Sailors going home for the first time. DAPAs are encouraged to set up meetings with the First Class Petty Officer Association and the Chief Petty Officer Association. During these meetings, the DAPA can introduce the campaign goal and objectives. DAPAs can highlight the upcoming holiday season as the target message and young Sailors as the target audience. Senior enlisted personnel can demonstrate active leadership by drawing on their wealth of experiences, resources, and strengths to reinforce Navy's "zero tolerance" policy for drug abuse.

#### Going Home for Leave during the Holidays

Young Sailors who are returning home for the first time can experience a variety of emotions and challenges. For many, going home can be an enjoyable, proud, and positive experience. For some, going home can be difficult and challenging. Most people will agree that "going home" at any age, especially for holidays, is a mixed bag.

With some planning, going home for the first time can be enjoyable, or at least not as challenging for our young Sailors as it might be if they go home unprepared.

**Being prepared rather than simply reacting, can help young sailors make good healthy decisions. Especially when it comes to situations where a Sailor may be faced with the choice of using drugs.**

Essentially, there are a few land mines young Sailors are in danger of setting off, but when prepared, may be avoided:

**Returning home as an adult** -- After having been away from home as an independent adult for the first time, returning home presents a whole new set of experiences. People you used to associate with in high school may still be in the same rut they were in when you left. It is important for you to remember that although others may not have changed YOU HAVE!!!

Returning home is not a time to compromise the newfound principles you have adopted. As you live Navy's core values of Honor, Courage, and Commitment they become your core values. You are laying the foundation for a successful life.

The biggest danger for young Sailors is getting together with old friends and co-workers who want you to act the way you did before you joined the Navy. Remember, you can deal with anyone as a mature adult. You are at a stage in life where the decisions you make today will impact on the rest of your life.

**Here are some core issues young Sailors must remember:**

#### **Expectations/Obligations**

For some, going home means reuniting with the people you love the most and who understand you the best. For others going home means facing difficult relationships and seeing old acquaintances. Going home **for the first time** can sometimes be a shock because old friends aren't there anymore, or they've changed, but most importantly, you have changed.

#### **Encourage young Sailors to think ahead.**

Make plans with the people you want to see. Find out who will be home. Bring some meaningful part of your new Navy life with you: a Navy T-shirt, some pictures, or your uniform.

In moving between worlds, a young Sailor's sense of self can get lost. Reminders can help them feel more confident and remind them of their current obligations as a Sailor.

### For Sailors who stay at the command

Similar principles apply to how good or bad the holidays will be. When Sailors plan ahead, are proactive, and maintain contact with those who share the same values, the holidays can be a very good time.

If young Sailors feel bored, a good way of celebrating the holidays away from home is to volunteer to help others. Sailors can talk to the local Family Service Center or Chaplain to get involved in volunteer work. Positive activities include tutoring, mentoring, coaching, working with disabled, and visiting elderly. It is not just a meaningless cliché that giving to others can be a gift to ourselves and a way to give new meaning to this season.

Being onboard ship and away from home and friends during the holidays can be a very difficult time for a young Sailor. It's very easy to feel lonely and become depressed. For this reason, encourage your young Sailors to start planning now to create the holiday season.

By helping Sailors plan ahead, being creative, and taking an active role, you can play an important role helping your young Sailors negotiate any challenges they may encounter during the holidays.

### Senior Enlisted Leadership Role and Responsibilities

**Know Navy's Policy and your command's procedures supporting "zero tolerance"**

Review Navy's governing instruction OPNAVINST 5350.4C and your command's written policy. Become familiar with what the policy permits and prohibits and the penalties for violating policy.

## **Be Prepared to Explain the Policy to Subordinates**

As a supervisor you may be asked to explain "zero tolerance" for drug abuse to your troops and demonstrate a clear understanding of command policies and procedures. Know your command prevention team (CO, XO, CMC, DAPA) and verbalize your support for Navy's "zero tolerance" policy for drug abuse. Be prepared as you may have to answer any question a Sailor asks.

### **Below are examples of questions you may be asked:**

#### **Are we going to be drug tested?**

Our command has an aggressive drug testing program and everyone will be tested at some time.

#### **How often will I be drug tested?**

The tests are conducted without warning and with no set pattern. You may be tested multiple times during a month.

#### **How accurate are drug tests?**

Navy Drug Screening Labs use the most sophisticated equipment available and produce scientifically accurate and legally defensible results.

#### **What happens if I refuse to take a drug test?**

Any sailor who refuses to take a drug test will be subject to UCMJ for violating a lawful order.

#### **What happens if someone tests positive?**

Any Sailor guilty of a single drug abuse offense will be disciplined as appropriate and processed for administrative separation.

(For additional information on any questions you may have concerning Navy's "Zero Tolerance" policy for drug abuse contact:

**ABHCS(AW) Charles at DSN 882-4240, (C) 901-874-4240, or (E-mail) P603C@PERSNET.NAVY.MIL**

It is best to be ready with answers. Answers for these questions are clearly defined in the OPNAVINST 5350.4C. As a senior enlisted you are an important member of the Command Drug Abuse Prevention Team. Your ability to answer questions from subordinates will help them understand your command's "zero tolerance" policy for drug abuse, your support for the program, and accept and respect the program.



## **Know Your Role**

You are in a unique position to play a major part in your command's ability to maintain a drug-free workplace. As a supervisor, your role is to observe and help improve job performance, to document work problems and successes, and to support and effectively implement your command's policies and programs. One of the most important actions you can take is to demonstrate early and often your support for Navy's "zero tolerance" policy for drug abuse.

**You are not expected to diagnose drug abuse or to provide treatment or counseling services to Sailors with substance abuse problems.**

You have a command DAPA available who is trained to assess potential drug abuse and make recommendations to the CO. You also have a Command Urinalysis Program Coordinator (UPC) responsible for conducting urinalysis. You need to know when to talk to the DAPA and when to talk to the UPC. Make sure you understand what is expected of you -- when it is appropriate to refer a Sailor to the DAPA, when to inform the UPC, and the appropriate procedures to use. Knowing your role in your command's drug-free workplace program will help you work well as part of the team.

## **How to be Part of a Successful Drug-Free Workplace Program**

This holiday season, some Sailors will find themselves in a situation where they will have to make a conscious decision about using drugs. Your role is to enhance their understanding of Navy expectations and "zero tolerance" policy for drugs and to reinforce their skills to reject drugs. Helping Sailors make positive, healthy decisions while on leave will have a long-term positive impact on their lives.

Our young Sailors need support and understanding as they prepare to take leave during this holiday season. A command prevention program utilizing the united efforts of senior enlisted can help young Sailors use their resistance skills and ultimately reject any substance abuse.

**Remember, your effort, as a supervisor, just may be what is needed to help one of your young Sailors make the right choice and remain drug free.**

## Section III

### Command Drug Abuse Prevention Material

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#### OBJECTIVES OF THIS SECTION

- Provide material for command information

The material in this section has been created to assist commands in reinforcing Navy's "zero tolerance" for drug abuse by presenting information can be used in a variety of ways. Whether in POD/POW notes, e-mail from command leadership, posters in berthing complexes, or flyers in workspaces, the more often young Sailors are reminded about "zero tolerance" and the adverse health and legal consequences of drug abuse, the more likely they are to reject drug abuse.

#### POD Notes/E-mail/Posters/Flyers

##### Its Time for a Reality Check

It's time for a reality check. The fact is, we do drug testing at this command. Any Sailor who uses drugs will be disciplined as appropriate and processed for administrative discharge. It is your choice, make the right one. Choose a drug free life.

##### The Facts about Marijuana

Marijuana use impairs memory, learning, motivation, and reflexes. Young adults nationwide report that when they smoke marijuana regularly, they lose interest in their studies and the pursuit of other life goals and are unable to maintain satisfactory grade and performance levels. Marijuana is more than a drug, it is a future killer. Don't you be a victim.

### **Where do you fit in?**

Last year about 4,500 Sailors chose to use drugs and were discharged from the Navy for using drugs. That means more than 440,000 sailors chose not to use drugs. What side are you on?

Stay on the winning side by choosing a healthy lifestyle with a future.

### **Drugs are a losing proposition!**

While home on leave you may encounter old friends who offer you drugs. Don't jeopardize your future by making the wrong choice. Remember, your success in life and your success in the Navy depend on you choosing a drug free lifestyle.

### **Drug use goes up during the holiday season.**

Historically, the percent of Navy urinalysis samples testing positive for illegal drugs during and immediately after the holiday season is higher than at any other time during the year. If you encounter a situation where drugs are present, make the right choice and leave. It is just not worth it!

### **Leave and Liberty during the holidays!**

If you find yourself in a situation where you have to make a conscious decision about using drugs remember this: In 1999, over 4,500 Sailors found themselves in that same situation and they made the wrong choice. They all received Other than Honorable Discharges. Don't make the wrong choice. It is simply not worth it!

### **Use your refusal skills and good judgement!**

Making the right decisions now will have positive impact on the rest of your life. When you go home for the holidays you may encounter old friends who are uncomfortable with the new and confident person you are. You may feel pressured to experiment with drugs in order to be cool and show off a new found independence. Make the right choice and choose your future not drugs.

### **Marijuana is more than a drug!**

Some people perceive that marijuana as a relatively harmless drug. For Sailors, it can end your Navy career and leave you with a criminal record and Other than Honorable discharge. It simply is not worth it to use drugs. Remember, your life and future are at stake.

### **Success or failure?**

When faced with the decision of whether or not to use drugs remember this: There are two roads in life you can take. You can take the road that leads to opportunity and success or the road to drugs and go nowhere. It is that simple.

### **Marijuana is not harmless!!!**

Marijuana can have devastating effects on individuals: stunting emotional and intellectual skill growth, instilling a feeling of apathy, and compromising health. Marijuana users expose themselves to a drug culture that encourages experimentation with other drugs.

### **You think marijuana is harmless?**

People who use marijuana are vulnerable to impairments in thinking, speaking, listening effectively, problem-solving, decision making, and forming concepts. These are skills necessary for a person to achieve their full potential. Don't risk your future for a quick "buzz", it is simply not worth it.

### **If You're faced with trying a drug while on Leave**

What will you do? Take a minute to reflect on the source of your intentions. Is getting high really worth losing all you have worked for?

### **Did you know?**

Traces of marijuana can stay in your body for up to 30 days after use. That means that if you use marijuana while on

leave chances are very good that you will be detected during urinalysis upon your return. Do not take the chance, it is simply not worth it.

### **Random Drug tests.**

This command will conduct random drug tests during and after the holiday leave period. Think before you do something stupid! It is your life and you are responsible for your actions. This command will hold you accountable.

### **Do the Navy Drug Screening Labs test for Ecstasy?**

A misconception among Sailors abusing Ecstasy (MDMA) is that Navy Drug Screening Labs (NDSLs) do not test for MDMA. **FACT: NDSLs test every urine sample for Ecstasy (MDMA).** If you take Ecstasy it will be detected.

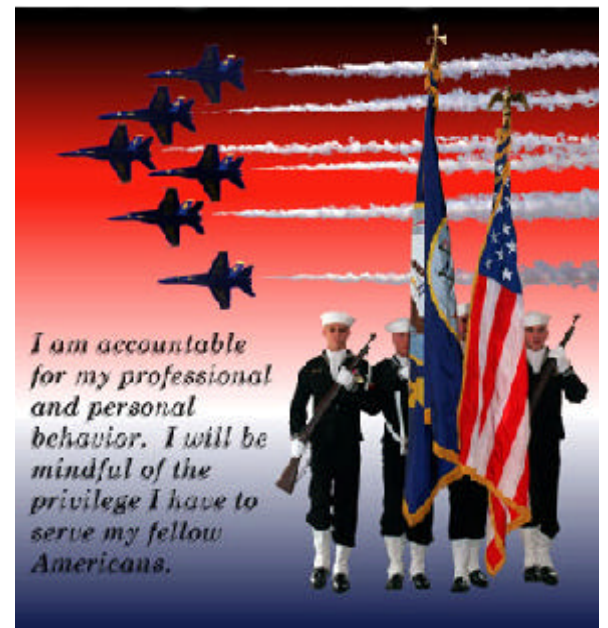


## ***The Anti-Drug***

**The issue isn't your past.**

**The issue is your present  
and your future.**

**You are responsible for  
the choices you make!**



**Make the honorable choice:**

***Choose a drug-free  
Lifestyle!***

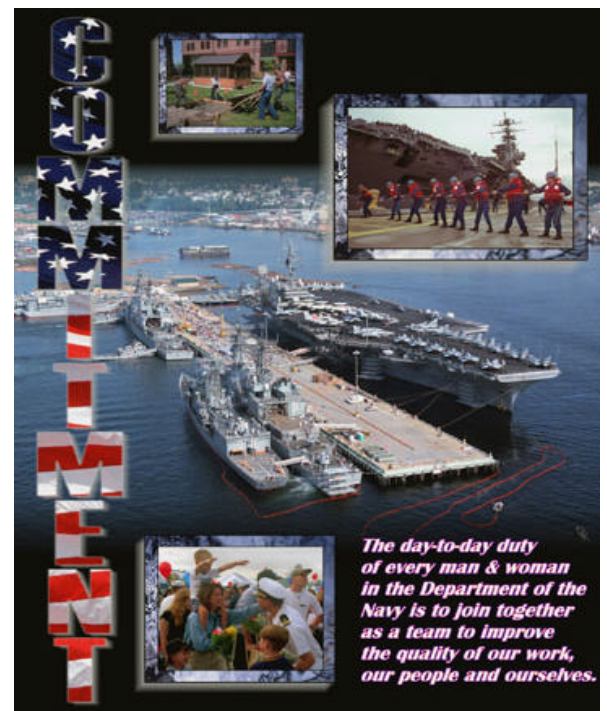
# ***Commitment***

## ***The Anti-Drug***

**Make the commitment to yourself!**

**A drug-free lifestyle gives you the power to shape your identity, reach your goals and earn respect of your peers.**

***Make the commitment to a drug free lifestyle!***



*The day-to-day duty of every man & woman in the Department of the Navy is to join together as a team to improve the quality of our work, our people and ourselves.*

# ***Courage***

## ***The Anti-Drug***

**The most effective deterrent to drug abuse is having the courage to say no.**

**Courage gives you the confidence and resolution, even in the face of temptation and adversity.**



**Have the Courage to live a drug free lifestyle!**